

DISSERTATION

ON THE

USE *and* ABUSE

OF

TOBACCO.

By In Relation to *Harveys*
Smoaking, Chewing,

AND

Taking of SNUFF.

Humbly INSCRIB'D

To the LADIES and GENTLEMEN,
who use it in any of the above-men-
tion'd Ways.

—Inest sua gratia parvis.

LONDON:

Printed for J. Roberts, near the Oxford-Arms
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ON THE

16 Jan 1915

ALFRED CLAGHORN POTTER
DEC. 15, 1915

TOBACCO.

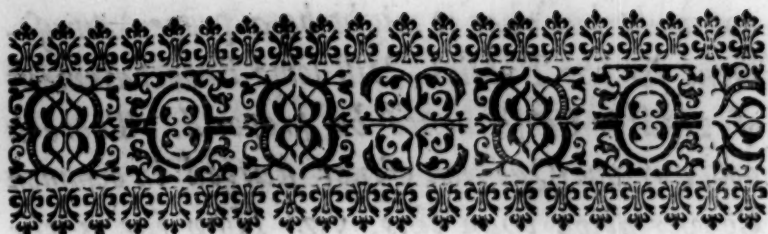
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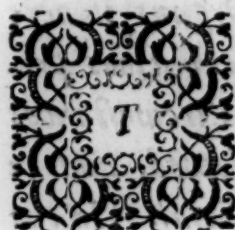
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THE PREFACE.

LADIES and GENTLEMEN,



HAT I may not appear altogether uncourtly in attacking your beloved and favourite Customs and Modes without some previous Excuse, I believe it may be proper to offer here the several Reasons that prevail'd with me to engage in the Writing the following Pages. In Consideration the Subject, though common, and

in every one's Use, is entirely new; not
 ing as yet treated on in this Manner, I did
 not doubt but that it might be a proper Amuse-
 ment for the Publick, 'till some Entertainment
 of greater Consequence be propos'd. There is
 not any one Question oftner started in common
 Conversation than this, viz. How far is the
 Use of Tobacco beneficial or hurtful? And
 yet no public Answer has been hitherto made
 to it: And is not this a sufficient Engagement
 to imploy the Pen, and exercise the Thoughts
 some few Hours, to give a Solution to such a
 common Query? The Method I have used in
 resolving this Question is, by considering the
 Nature and Principles of the Plant, its diffe-
 rent Effects and Operations, the Nature and
 Use of the Humours it evacuates, and the
 Nature and Structure of the Organs it acts
 upon. From these different Observations pro-
 pos'd, I shew in what particular Circumstances
 the Use of Tobacco may be allowed, and in
 what it is to be accounted prejudicial. In the
 Management of this I have been unavoidably
 oblig'd to make Use of some Terms that may
 appear too puzzling and hard to be understood
 by the Ladies; but since, for the most Part,
 their

their Admirers are Gentlemen of polite Learning, they soon may obtain a Knowledge of their Purport, if they will be pleas'd to make Enquiries of them. And, by the by, this will be a favourable Opportunity to find out the Abilities of those whom they favour with their Conversation: Unless they happen to prove too cunning, by getting their Explanation out of Quincy's Dictionary, duly committed to their Memory; when, like Parrots (as it may be) they have not a Knowledge of any thing they read. The ingenious and industrious Baglivi, has given us such a Collection of Observations upon the Use and Abuse of Spanish Flies, in Blistering Plaisters, which hath found a due Acceptance. In Imitation of him, I have undertaken to treat of Tobacco; however, without any Thought of receiving the like Applause, my chief Design being to amuse my self in a few leisure Hours, with something that was both innocent and advantageous. The Minds of Men are still in Action, always upon the Pursuit of Advantage, and generally desirous to communicate their Attainments to others: And this Inclination is either praise-worthy, or despicable, according to the
disse-

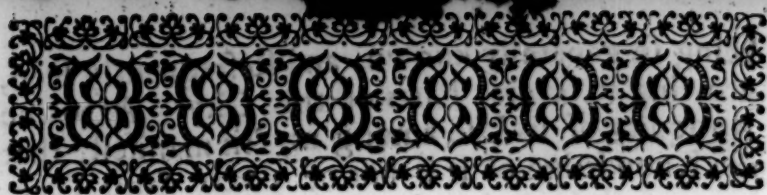
different Intention and Aim of the Communicator. If they who have made any Advan-ces in the Knowledge of Things, are ready to impart this only with a Design to represent themselves superiour to the rest of Mankind, and gain Applause, 'tis but very just that they should be disappointed in their over-weening Expectations: But if it be with a View to contribute what lies in their Power, to render others either more wise, or better, without the Concurrence of the vain Conceit above-mention'd, their Attempts, though small, ought not, in Reason, to pass without their just Reward.

*The particular Regard I have for the Health of all my Fellow-Subjects, was another considerable Inducement to this Performance. That this is impair'd to a very great Degree, by the Abuse of Tobacco, will appear pretty plain, I believe, to any, who will give themselves the Trouble to take a just Review of this Dissertation. And that it may prove a means to prevent the like Disadvantages in some, is my principal Intention; but to expect this in all, would be vain and inconsiderate. Reason-
able*

able Minds will readily receive Truth, when propos'd in a proper Light : But no such Expectations can be entertain'd, when we have to do with the major Part of Mankind, who are guided rather by their brutal Appetites, and depraved Customs, than the most substantial Reason that can be offer'd. I am not insensible, since Custom and Inclination are such powerful Motives for the Performance of any Action, That 'tis absolutely necessary, that he who engages against either the one or the other, shou'd be furnish'd with the most convincing Arguments to support his Attempts, if he entertains any, the least, Hopes of proving successful in his Enterprize. Those that I have chosen are principally drawn from Interest, which by all is accounted the nearest and dearest to every Person. Whether what I have now propos'd upon this Head can any way prevail against the common and immoderate Use of Snuff, Smoaking, or Chewing, and whether the Performance it self can lay any Claim to a Character, I must refer to the Judgment of the Publick. Authors of any Sort are unfit to determine in their own Case, being either too apt to pass a favourable Censure upon

upon their own Productions, or too liable to condemn their own Essays. All I shall add is what I omitted in a proper Place, namely, That Hearnus informs us, upon his own Experience, that a Syrup made of the Juice of Tobacco, has been effectual in recovering several Persons who were labouring under the Consumption: And that Barbette and Deckers have observed, twice or thrice, an Apoplectic Fit arising in Patients, while they were using Tobacco.





A
DISSERTATION
ON THE
USE *and* ABUSE
OF
TOBACCO, &c.

HAVING, for some Time past,
made repeated Observations on
the Use of Tobacco, and been
several Times consulted by Pa-
tients labouring under unhappy
Circumstances by the Abuse of
it ; I believe it will be no very

disagreeable Entertainment to the Publick, in ge-
neral, if I here propose the Consideration of it.
That this Performance may be of the more exten-
sive Use, I shall confine my self so far, that
nothing shall be advanc'd upon this Head, but
what is supported by Reason, and Observations
made on the Nature of the Plant, and on the
different Methods of using it, both in Medicine
and in common. It would be needless in this
Place to propose a Description of this Herb, it

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being

being so generally known, and so frequently seen, growing in several Parts of this City. As to the Antiquity of its Use among us, 'tis manifest, that the Knowledge of it is but of a very short Date, being first brought over by Caprain *Nicot*, and therefore, from him, 'tis call'd *Nicotiana*.

The Power, Efficacy, and Virtues of this Plant, depend upon a Salt, somewhat resembling *Sal Armoniac*, but abundantly more poignant, join'd with Sulphur; and, therefore, 'tis plain, That 'tis of a Corrosive and Narcotic Nature: For when by due Care, 'tis chymically analys'd, we may extract from it a large Quantity of stinking Oyl, somewhat penetrating, and, as it were, burning; no small Quantity of sharp volatile Salt, and a considerable Quantity of urinous Spirits, and acid Phlegm. By means of these Principles, 'tis of an active, penetrating, cleansing, and anodyne Nature.

'Tis medicinally prescrib'd for internal and external Uses. Internally it has been ordered for Two different Purposes; namely, To raise a Vomiting, and cause Purgation. When 'tis prescrib'd as a Vomit, the best Method (if any can be good) is to infuse its Leaves for some Time in a Glas of Wine; and tho' this may be accounted the safest of the different Ways of Administration, yet 'tis not to be ventur'd upon, but with Persons of the most robust and strong Constitution, upon the Account of its rugged and dangerous Operation. Upon taking a Vomit of this Plant an unsufferable Heat and Pain is felt in the Stomach; the Head in a short Time begins to sympathize, becoming giddy and pained. The Vomiting is strong and violent, and threatens either universal Convulsions, or the sudden Destruction of the unhappy Patient. Some Instances of this have happen'd upon the Prescription of some ignorant Quacks,

Quacks, who are far more deserving of the public Cognisance, for their Villanies and Murders, than several who fall under the severest Punishment of the Law.

Upon the same Principles we find that Tobacco is cathartic, and often proves a strong Purge, if administer'd in a proper Dose. But since there are safer and better Medicines in Abundance, it would be ridiculous in the highest manner, to fly to this for such a Purpose. Instances of this, though in a smaller Degree, we may find from the common Experience of those who smoke and chew it; who by swallowing a little of the Smoke, or of their Spittle, impregnated with its Juice, soon become laxative, and obtain Two or Three Stools. I have known it us'd, with very good Success, by making a Decoction of it in Urine, for a Glyster, in a violent Iliac Passion, vulgarly call'd the Twisting of the Guts, when several other Things fail'd. The Method was this, After having, with much Difficulty, injected the Glyster, and spread a Carpet upon the Ground, the Patient was constantly roll'd upon the Floor, for some considerable Time, 'till he felt a strong Motion for Stool; at which Time there was a copious Discharge of hard Excrements and Wind, to the sudden Relief of the tormented Patient, and Joy of his despairing Friends. This Herb is seldom or never us'd as an Alterative, being of too disagreeable a Nature to allow of any such Prescription.

The external Use of Tobacco, for which alone it seems design'd by Nature, is various. Its Decoction and *Lixivium* are of great Use to kill Lice of all Sorts, to cure the Itch, Scab, Leprosy, Mange, Scald-head, and all other cutaneous Eruptions, if at the same Time proper internal Medicines be prescrib'd and us'd. The Ashes of this Plant are very useful to cleanse and whiten foul

and black Teeth. Tobacco reduc'd to an impalpable Powder, and blown into the Eyes of Horses, is of great Use to take off the Pearls by which their Sight is obstructed. Because of its powerful Efficacy in cleansing, this Herb is used with Success in foul and running Ulcers.

Tobacco is also often made Use of as a Discutient, and for this Purpose Gargles of it are prescrib'd to discuss Swellings in the Throat, and to contract the relax'd and swollen *Uvula*. The Country-People are well appriz'd of this Use of it, who commonly apply its Leaves moisten'd in burnt Butter as a Cataplasm to discuss hard Tumors. Upon the same Account there is a Prescription of an Ointment prepar'd from it, in the *London Dispensatory*, very much recommended by some for dissolving scrophulous Tumors, cleansing foul Ulcers, and conquering cutaneous Eruptions. *Salmon* is very serious and grave about this Matter, and gives it magnificent Praises both for external and internal Uses : But the present Practitioners who are the only capable Judges of its Virtues, acknowledge no such Uses, and entirely neglect it in their Practice. However, 'tis constantly made in the Shops, and call'd for by the Vulgar.

By means of its sharp Salts, and oily Particles, 'tis recommended as astringent, vulnerary, and balsamic. The former Principle contracting the Orifices of the Vessels, and thereby preventing a further Effusion, the latter proving as a Balsam to the affected Part. An Instance of its astringent Quality is as follows.

A young Gentleman of my Acquaintance one Day, after Stool, perceiving that there was some Effusion of Blood, and not being appriz'd that it was a natural and beneficial Discharge of the Piles, thought it might be of ill Consequence, and having often heard that Tobacco was of Use
for

for the Healing of Wounds, did not doubt but that it might be of equal Service in that Case. Therefore, without any farther Examination of the Matter, he thrust a Piece of the Leaf up his Fundament, and let it continue there; after which he had no further Evacuation of the Hæmorrhoidal Flux. Within some short Time after, this Gentleman was seiz'd with a violent Pain, and a small Swelling in his Bowels, on the right Side of the Navel. The Tumor did not appear outwardly, but by Pressure was felt within. Upon Continuance of it the Parts adjacent seem'd to be affected with an Inflammation. A Fever, great Thirst, burning Heat in the Bowels, violent Pains in the Back, Stomach, and Head, Watchings and Costiveness arose. His Torture was so great, that he was continually oblig'd to sit double, with his Hands upon the Part affected, not being able either to stand or lie. Upon Application for Relief several Means were made Use of to carry off the Disorder, by striving to remove the Cause, to abate the Pain, and curb the Violence of the Fever, but to little or no Purpose: At last, finding that there was a Tendency to Suppuration, he was regulated accordingly, with the greatest Care. After some Time, one Morning, he felt the Abscess break, upon which he had a sudden and strong Motion to Stool, in which he evacuated a considerable Quantity of pure Pus. After this his Pain ceas'd, his Fever vanish'd, his Appetite, that before was entirely sunk, now return'd, and an Inclination to take his natural Rest began: After which, by the Use of a vulgar Decoction, he was restor'd to his former Health. This History I have propos'd, with an Intent to shew how necessary the Discharge of the Hæmorrhoidal Blood is, for the Continuance of a sound and agreeable State of Health, and of how

how dangerous Consequence an undue Stoppage of it may be.

Tobacco, in a very considerable Measure, resists Putrefaction, sweetens the Breath, eases the most violent and tormenting Pain of the Teeth, dries up Catarrhs, expels Weariness, and preserves the Teeth. I have seen several Instances wherein the Smoke, when swallowed, has proved effectual in subduing very uneasy Pains of the Stomach ; and when received by Way of Glyster has cur'd the Cholick. The other Uses for which this Plant is beneficial, shall be propos'd when I consider it as 'tis us'd in common, to which I now proceed.

Tobacco is us'd in common Three different Ways, in order to evacuate, namely, by Smoaking, Chewing, and Snuff. The Two former are designed to promote Salivation, the last the Discharge of *Mucus* by the Nose : Of which in their Order.

When Tobacco is first us'd, either by Smoaking or Chewing, the following Symptoms arise, namely, a burning Heat in the Mouth, Tongue, Jaws and Throat, a copious Discharge of thin, limpid Spittle ; after this a great Thirst arises, upon this a Heaviness, great Pain and Giddiness of the Head begin, the Eyes become dim and turgent, the Countenance flush'd and florid, the Tongue in a manner paralytic, the Stomach squeamish, and inclinable to vomit, after which a Vomiting sometimes succeeds ; the Pulse beats high and quick, the Respiration is frequent, and somewhat difficult, the whole Body becomes feeble, and in some degree paralytic, after which a Drowsiness and Inclination to Sleep arise.

From the Consideration of the Principles which enter the Composition of this Weed, and the Influence it has upon the Animal Machine, it may appear

appear pretty evident, That all these different Symptoms take their Rise from an Irritation impress'd on the solid Parts, and an inflammatory Disposition convey'd to the circulating Fluids. By the Pungency of its volatile and caustic Salts, the Glands and muscular Fibres of the Mouth are penetrated and compress'd, the Fluids are hereby rendred more thin, and more copiously discharged. By this Irritation the Fibres become more tense, and are inflam'd, and, consequently, a burning Heat, and Dryness of the Mouth succeeds. By means of the Membrane that covers the Inside of the Mouth, which is a Continuation of the internal Coat of the Stomach, the Irritation is communicated down to it, from whence arise the Squeamishness, Propensity to vomit, and Vomiting. The Inside of the Mouth being naturally lax, and the Pores patent, Part of the Salts pass through the Vessels, and intermix with the Blood, where, partly by breaking the Globules of the Blood, and so letting out their elastic Fluid, and partly by introducing a new and disorderly Motion, the Pulse is quickned; by consequence the Respiration must become more frequent and uneasy than usual; hence an universal Heat over the whole Body, but more particularly in the Head succeeds. The Blood being, by this means, impetuously forc'd up to the Head, the Membranes are compress'd by the dilated Vessels, from whence the Pain so much complain'd of takes its Rise. On the same Account the capillary Vessels of the whole Eye, particularly the Arteries of the *Retina*, suffer Obstructions, whence it is that the Eyes appear red and swell'd, with the Addition of Dimness of Sight, and the Appearance of Gnats, or Motes, floating before the Eyes. The Reason why Objects appear double, and seem to move before the Eyes is, because the *Retina* of the Eye, either

either entire or in part, is shaken and mov'd by the continued and violent Motion of the Blood thro' the Arteries. From all these different Causes concurring together, the whole Face seems bloated, and Giddiness and Drowfiness are occasion'd. In a Word, By the Obstruction of the Nerves and Arteries, the *Equilibrium* of the Muscles being destroy'd, a Feebleness and paralytic Motions in the different Parts of the Body, must of consequence ensue. When we consider the amazing Circumstances that appear in the Animal OEconomy, upon the Bite of a venomous Creature, or what is daily perceiv'd, after the Application of a blistering Plaister, it may be easily credited that these different Symptoms, just accounted for, take their Original from the foremention'd Causes, effected by Smoaking and Chewing.

After a continued Use of this Herb for some Time, the greatest Part of this Train of Symptoms now mentioned appear no more; the Heat, Thirst, and Discharge of Spittle only remaining. If it be enquir'd, How it comes to pass that the other Symptoms do not always arise upon the Use of it? It may be answered, That the solid Parts, by the constant Use of the same Thing, become every Day more and more tense, more contracted, and, as it were, callous; by which means, what before created such Uneasiness, cannot now make the same Impression, nor have the same Entrance, the Pores, by the constant Contraction of the Fibres, being almost clos'd, and, therefore, rendered incapable to receive Particles of the same Diameter with what they admitted before; upon which Account it becomes the more supportable. Whereas other Bodies, consisting of Particles of different Bulk, Figure, and Motion, may occasion, for some Time, an Uneasiness equal with that which was produc'd by the former.

mer. This may easily be confirm'd by several Instances of the like Nature. The Efficacy of Calomel, or any other of the common Cathartics, is well known; yet Experience informs us; That it will not have the same Influence on Bodies, which have been accustomed to this Preparation, wherefore in order to accomplish our Design, we are oblig'd to vary the Prescription. All are well appriz'd of the common Effects of Opium upon us, which by attenuating the Blood, raising a copious *Diaphoresis*, and relaxing the too tense Fibres, procures a Release from tormenting Pain, and raises a strong Propensity to Sleep. Yet with the *Turks*, and some others, who have been accustomed to this Medicine, the Influence of it is abundantly different. Even Poison it self, when us'd at first in small Quantities, and gradually increas'd for some Time, becomes so familiar to the Body, that its common Operations are no Way prevalent against it. This may be confirm'd by the Case of *Mithridates*, who during his Enjoyment of the Crown, being apprehensive that he might by Poison fall a Sacrifice to the Resentment of some of his Subjects, so accusom'd himself to this fatal Kind of Drug, that when he was taken Prisoner by the *Romans*, and had an Intention to put a Period to his captive Life, by Poison, a very strong Dose prov'd ineffectual to accomplish his Design.

The Intention of undergoing all this Fatigue and Uneasiness now mention'd, by the Smoaking and Chewing of Tobacco, is to promote Salivation, or the Discharge of Spittle, to be an Assistant to a moist, cold, and phlegmatic Constitution. Now in Order to know how far the common Use of Tobacco those Ways will contribute to the accomplishing this End, it will be necessary to consider the Nature and Use of the Spittle

in general, and whether the same End may not be better obtain'd by the Use of other means.

The *Saliva*, or Spittle, when carefully examin'd, is found to consist of a considerable Quantity of a sharp and pungent Salt, intimately mix'd with a fine aromatic Oyl, and a large Quantity of Phlegm. By Virtue of these Principles the *Saliva* is found to be of an absterfivè, saponaceous, penetrating, and active Nature. The Spittle that has been sharpened by long fasting, conduces very much to the subduing and curing the Itch, and other cutaneous Eruptions; it clears and beautifies the Skin, gives a due Tension to the too lax Fibres; and it has been found, that a Clove of Garlic, impregnated with this Fluid, has cur'd the Bites of enrag'd Creatures, being immediately apply'd to the Wound. But the principal Use of this noble Humour, is to promote, facilitate, and hasten Digestion; which it performs by means of its active Salts, aromatic Oyl, and Phlegm. These insinuating themselves into the Pores of the macerated Food, contribute very much to the Dissolution and Digestion of it; and by its constant Flux into the Stomach, invigorates the Fibres of the muscular Coat, by means of which the necessary Contraction of this Part is duly performed. The Glands that separate this Juice are considerable in Number, seated in the Cavity of the Mouth, and in such a manner, that when there is the greatest Necessity of this Humour, then there is the most copious and easy Discharge, the Glands being continually compress'd by the Action of the Muscles in chewing, and the principal salival Ducts opening on each Side of the Mouth, almost in a perpendicular Posture.

From these Principles of the *Saliva*, and the Use of it, as also from the Mechanism observ'd in the Disposition of the Glands, and salival Ducts

Ducts that separate this Fluid, it may reasonably be deduc'd, that the Author of Nature did not design it for a useless Excrement, but for the great and beneficial Ends already propos'd, which may be further corroborated by the following Observations.

1. In Consideration that all the Secretions which are useless, and no Way necessary for the Support of Nature, have their Emunctories, or Excretory Ducts, directed outwards, in order to be discharg'd from the Body, and are either constantly evacuated without our Perception, or depending partly on the Consent of the Will, for their ready Discharge, are collected in proper Places, which being fill'd, create such an Uneasiness that we are oblig'd to hasten their Evacuation: Whereas those that are absolutely necessary have their Excretory Ducts within the Body, and are either entirely beyond the Power of the Will, or at the Liberty of it, to be evacuated or not, as the particular Circumstances of Nature shall require. Of this latter Sort is the *Saliva*.

2. The absolute Necessity of this Fluid for the easier and better Performance of Digestion, may appear from this, *viz.* That when this is either vitiated or tainted, or when 'tis lavishly evacuated, the Appetite fails, the Stomach is weakned, the Digestion is unduly, or not at all perform'd, Nourishment is with-held, and, at last, an Atrophy arises, which, if not speedily prevented, hurries the Patient to another Life. Instances of this Kind are so common to be met with in every one's Knowledge, that it would be needless to mention any here.

From what has been propos'd concerning the Nature of the *Saliva*, and its Uses, with the Mechanism observ'd in the Disposition of the Glands, and their Excretory Ducts, I may venture to de-

duce the following Maxims; namely, 1. That the *Saliva* was not design'd by the Author of Nature as an Excrement. 2. That when 'tis not vitiated by some Taint, 'tis absolutely necessary for good Digestion. 3. That a lavish Effusion, or Waste of it, when not corrupted by pocky Ulcers, or some other Disorder, is prejudicial to the Animal OEconomy; and, consequently, That whatever tends to deprave or evacuate this noble Juice, in a healthful State, is so far destructive to human Nature, as it deprives it of means necessary for creating an Appetite, strengthening the Stomach, and for the Performance of Digestion; upon which the whole Animal Machine depends.

By this it may appear what my Sentiments are concerning the common Method of Smoaking and Chewing, which by discharging the *Saliva*, rob the Stomach of its best Assistance, pall the Appetite, spoil Digestion, and weaken the whole Body. I have already hinted that there may be some Circumstances in which a Discharge this Way may be useful; and these are, when the Spitte is tainted, when by long Fasting 'tis so copious, thin, and sharp, as to create an Uneasiness in the Stomach, and when a cold Rheum, or Catarrh, has fallen upon some Part about the Head. Any one may discern which of these three demands the Assistance of Smoaking or Chewing of Tobacco. I own it may also be of great Service to those Gentlemen, who wanting some Matter of Consequence to employ their Thoughts and Time, amuse themselves in a thoughtless Indolence over their Pipes; and to such as being desirous to swallow large Quantities of Wine, think it proper to keep a dry and parched Throat. If any Gentleman pleads for the Use of a Pipe or two in a Day, as an Assistant to Study and Contemplation, I should be very averse from denying any of the
learned

learned such a Privilege in their Lucubrations.

That the common Method of Smoaking and Chewing is altogether prejudicial and destructive to such as are of a hot and dry Constitution, I am apt to believe, that every one will readily allow. The whole Difficulty therefore remains, as to those who are of a cold and moist Habit of Body ; which I shall endeavour to solve in the following manner.

1. In Consideration that in Persons of such a Constitution, the Appetite is generally low, the Digestion weak, and Stomach lax ; those Things that are capable to raise the first, and strengthen the other two, ought to be made Use of. Now since 'tis plain, from the Mechanism of the Glands, secreting the *Saliva*, and from the Principles which it contains, that it has a natural Tendency to effect these, therefore, in Persons of such a Constitution, the *Saliva* ought rather to be preserv'd, and the redundant Humours carry'd off some other Way.

2. In making all Evacuations this should be our constant Rule, *viz. To make such Discharges as by Quantity, Quality, and Place, may best answer the Intention proposed.* Now 'tis plain, that in regard of all those, the Evacuation of *Saliva*, made by Chewing or Smoaking, cannot be of equal Service with others.

1. As to Quantity ; since by one purgative, diuretic, or diaphoretic Dose, a Quantity of Serum, or Humours, may be evacuated in one Day, equal, if not abundantly superior, to that which is evacuated by spitting, rais'd by Smoaking or Chewing, in a whole Week. As to the two former, wherein the Evacuation is made by Stool and Urine, I believe it will readily be allow'd : And as to the last, whereby the Humours are carried off thro' the Surface of the whole Body, I am inclinable

clinable to think that it will be soon granted, if it be considered that Perspiration, rais'd by a diaphoretic Medicine, is abundantly more than triple the Quantity of that which is evacuated in common this Way : And that our daily insensible Transpiration is computed, by the great *Sanctorius*, to be superior to all the other Evacuations joyn'd together. And by various Experiments of several others, 'tis found, even in these colder Climates, to be greater in Quantity than three fourths of the whole. I may also add, That since to quench the Thirst that is occasion'd by the Smoaking or Chewing this Herb, a considerable Quantity of Drink is constantly taken, the Evacuation being no Way answerable to the Liquors drunk, no Benefit can reasonably be expected.

2. As to Quality ; no one, I may venture to affirm, after a due Consideration of what has been said, in relation to the Nature and Uses of the *Saliva* in a healthful State, can think that an Evacuation of it can be as safe and proper, as by Urine, Stool, or Sweat ; since they are only Excrements, no Way necessary for the Support or Well-being of the Body ; whereas the *Saliva* is a Fluid absolutely needful, for these Purposes now rehears'd.

3. As to Place : When we reflect, First, That the Glands of the Mouth are not destin'd by Nature for an Emunctory, and that they never ought to be us'd as such, but upon some very urgent Occasions. Secondly, That by discharging often this Way, the Course of the Humours receives too great a Propensity to those Glands, for, *quæ data porta ruunt*. And, Thirdly, That the greater Quantity of Humours there is secreted by these, there must certainly be the less discharg'd by the Kidneys, and Glands of the Skin, and Intestines ; which, by their Situation, Use, and Make, are
more

more proper for the Purpose : If I be not very much mistaken, all will freely agree with me, That a Discharge of Humours, by the Glands of the Mouth, as commonly made by Smoaking and Chewing, is not, and cannot be so safe, nor so beneficial, as Evacuations made through other Parts.

I am now to consider the third and last Method of using Tobacco in common, and that is in Snuff. The Intention proposed in this is, hereby to create Sneezing, and by this a Discharge of *Mucus* from the Nose. And here it will be proper to consider Sneezing, in general, and the particular Circumstances in which it is prejudicial, and useful. How far the common Method of taking Snuff answers this Intention. And lastly, The ill Consequences of the Abuse of it.

Sneezing is a strong Convulsion, occasion'd by an Irritation of the internal Membrane of the Nose, communicated to the Membranes of the Brain, to the Stomach, and Diaphragm ; by means of which there arises a violent Concussion over the whole Body. The Effects of this are,
1. A Concussion and Compression of the Glands, about the Head and Nose, by which is produc'd a Discharge of *Mucus*, and an Attenuation of it, when clammy and viscous ; the Pituitary Membrane, that covers the frontal, wedge-like, and zeugomatic Cavities, or Processes, suffering a strong Irritation. An Evacuation of Tears from the lachrymal Glands, and a Flux of thin, limpid Spittle, from the salival Glands of the Mouth.
2. A Course and Spring of the Animal Spirits, different from what they had before. 3. A Concussion and Compression of the inferior Parts. Among the Antients, Sneezing was accounted an happy Omen, if it happen'd to any when beginning an Enterprize ; and some had such a particular

cular Respect for it, as to constitute it a Deity. In the Time of *Gregory* the Great, Sneezing happen'd to be an epidemical Disease, of which many died. From whence some will have it, that the Custom of blessing those who sneeze, took its Original. I have known it so violent in a Boy, upon taking a large Quantity of Snuff at one Time, that it threw him into an epileptic Fit, which, notwithstanding the greatest Precautions, return'd at certain Intervals, and lately put a Period to his unhappy Life.

Sneezing has, by the antient Physicians, who were diligent and exact Observers of the Course of Diseases, been accounted prejudicial in the following Cases.

1. When it arises and continues in the Beginning of Fevers. The Reasons of this must be, because the Patient's Strength is hereby very much impair'd, an Head-ach is occasion'd, and a Hæmorrhage of the Nose succeeds; which can be no Relief to the Patient, since the morbid Matter is as yet crude, there being no previous Concoction. The Cause of Sneezing in this Case is, the great Acrimony of the Humours, which either in Circulation, or when secreted by the Pituitary Glands, vellicate the internal Membrane of the Nose.

2. When a Sneezing happens in the Beginning of a Catarrh, or Distillation, as also in the Beginning of a Coryza 'tis accounted prejudicial, for the Reasons mention'd in the foregoing Instance.

3. Sneezing arising in the Beginning, or Increase, of the inflammatory Disorders of the Head, is of dangerous Consequence; because by this means 'tis not only manifested that the Disease is violent, but also that it will be heightened by this Irritation and Concussion.

4. Sneezing

4. Sneezing, arising either before or after Disorders of the Breast, is of an ill Portent, particularly in the Pleurisy, and Inflammation of the Lungs ; for by the Concussion of the different Parts, the tender Membranes of the Breast and Lungs are violently torn and agitated, by which the Inflammation rises higher, and is more deeply fix'd ; without any, the least, Discharge of the morbid Matter.

5. Sneezing has been found to be very prejudicial in most of the Diseases of the Eyes, and that Blindness it self has often happen'd upon it. The Reason of this is, because by the violent Concussion of the adjacent Parts, a Flux of Humours is hurried upon the Eyes ; whence arise Obstructions in the capillary Arteries and Nerves, the Occasion of Suffusions, Blindness, as also violent Inflammations, which sometimes terminate in Ulcers of those Parts.

6. Sneezing after Conception, in the first and last Months, is very apt to occasion an Abortion, by agitating and compressing the inferior Parts.

Hippocrates, Celsus, and several others, have observ'd, That Sneezing is a very good Sign, and of great Use in several Disorders. Instances of which are as follow ;

1. After the State of malignant Fevers ; though all be despair'd of, when Sneezing arises, it gives Hopes of an happy Relief ; because this shews the Strength of Nature, and that there will be an Evacuation, either by an Hæmorrhage, or *Mucus* through the Pituitary Glands.

2. In Phrensies and Abscesses of the Brain, that are pass'd the Increase, a supervening Sneezing prognosticates a Deliverance ; because there is a Tendency of Nature to evacuate the Cause of the Disease.

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3. When

3. When Sneezing arises in difficult Labour, in the Stoppage of the After-birth; or in a difficult Flux of the *Catamenia* and *Lochia*, 'tis of great Service, in promoting the Expulsion of the former two, and an easier Discharge of the latter, by compressing the inferior Parts, and with its Concussion giving a new and additional Motion to the Blood and Spirits, as also a Direction of them to the Parts below.

4. It has been found to be of considerable Use in the violent Paroxysms of Hysteric Disorders, by imparting a new Spring and Direction to the irregular Motion of the Animal Spirits.

5. If it be rais'd in the Apoplexy, it in a great Measure relieves the Patient, by rousing and setting in Motion the obstructed Spirits, and by making a Discharge of *Mucus* from the Nose, Tears from the lachrymal Glands, and *Saliva* from those of the Mouth, by which a considerable Part of the Pressure being taken off from the Vessels, and the circulating Fluids, by this means, having a greater Opportunity and Freedom to glide through the Capillary Arteries, Veins, and Nerves, the whole Machine is eas'd, and Sense and Motion again return: But if upon the Use of such Things as are capable to raise Sneezing, no such Concussion happens, 'tis manifest that the Strength of Nature is sunk, and that Life is departing.

6. Violent Hiccoughs, whereby the Patients have been almost spent, have happily been removed by the Approach of Sneezing. This Advantage of it is produc'd, because a different Spring and Course is given to the Spirits.

7. A Lethargy, and all other drowzy Disorders of the Head, that derive their Original from too great a Quantity of viscous Humours, impacted in the Glands and Vessels of this Part, have also Relief from Sneezing, for the Reasons above-mention'd.

8. Sneezing

8. Sneezing has often prov'd very effectual to pump up the viscous and glutinous Phlegm, impacted in the small *Bronchia* of the Lungs, when the strongest Cough has been unsuccessful.

9. In a Word, all Heaviness and Pains of the Head, wherein there is a Weight felt upon the Forehead, and upper Part of the Nose, which plainly discover that they owe their Rise to the Causes mention'd in the seventh Particular, have been happily carry'd off by the means of Sneezing, procur'd by the Use of Tobacco, or other Medicines, endu'd with a pungent and irritating Quality, depending upon the sharp and volatile Particles that enter their Composition.

I now proceed to consider how far the common Method of taking Snuff will be effectual in the accomplishing those Ends, for which Sneezing is so necessary. And when we reflect upon what has been already propos'd, in Order to account for the different Operation of Tobacco, when smok'd or chew'd, upon a Person unacquainted with it, and on those who make a common Custom of using it thus, it will be easy to conclude, That by rendring the Membrane of the Nose callous, stiff, and contracted, with the constant Use of Snuff, that Quantity of it which would be able to throw another, who is accusom'd to no such Practice, into the strongest Convulsions, will not make any sensible Impression upon them, who are devoted to the Use of it. Thus by this untoward Practice, both the Ladies and Gentlemen deprive themselves of any Possibility of receiving Advantage by the Use of it. Again, If I be not very much mistaken, our common Snuff-takers, by this means, are even depriv'd of the Benefit of a natural Drain by the Emunctories of the Nostrils; for the Fibres, by the continual Pungençy of the Snuff, being dried and contracted, the excretory

Ducts of the Pituitary Glands are so far clos'd and obstructed, by this Abuse of it, that those viscous Humours, which by Nature were design'd to be evacuated this Way, are hereby stop't in their Passage; from whence arises an Obstruction in the Glands, a Pressure upon the adjacent Vessels, and a *Plethora* in the Veins and Arteries, which give Rise to violent Pains of the Head, the Apoplexy, Lethargy, Hysteric Fits, and a Crowd of other Disorders, which I have frequently found common among those who are bigotted to the ridiculous Humour of defiling their Nostrils and Lips, in Order to appear modish and fashionable.

Besides these Disadvantages already mentioned, which proceed from the common Use of Snuff, there are several others which, generally, are the certain Attendants of the Abuse of it. Of which I shall now discourse in their Order.

I have commonly observ'd, that those Persons who have given up themselves as Slaves to this disagreeable Mode, have been troubled with an Impediment in their Speech, commonly called Snuffling (which, by the Bye, one would be apt to believe derives its Name from the Snuff those Persons so much abuse) or speaking through the Nose; whereas the true Reason of this is, that they, by crowding their Nostrils so much with this beloved dry Powder, a free Passage of the Breath is denied through them, from whence arises this Difficulty of Speech, which is so uneasy to the Person troubled with it, and so very offensive and grating to the Ears of those who hear them. However, by this I don't deny but that there may be several other Reasons of this Disorder, such as a *Polypus*, and foul Ulcers of the Nose, an Erosion of the *Uvula*, and such like, which are easily distinguish'd from the Quantity of Snuff that is dry'd, and impacted in their defiled Nostrils.

By

By the same Abuse of Snuff we find, that in such Persons the Sense of Smelling is very much impaired, if not wholly lost. What a Disadvantage this is, I need not spend much Time to relate, since it was given us by the beneficent Author of Nature, both for our Pleasure and Profit ; a Loss of which renders us incapable to partake of those various Frangancies that regale our Nostrils, in the blooming Year. How this happens by the Abuse of Snuff is easily understood, when we consider that the Sense of Smelling is no more than an Impression made by the subtile *Effluvia* that always fly from Bodies, on the nervous Expansion of the Nose, and by it communicating the Impression to the *Commune Sensorium*, which by a constant Use of this hot, dry, and pungent Powder, becomes hard, dry, and incapable to receive the slight Impression that raises this agreeable Sensation ; whereas 'tis naturally soft and moist, and that it may continue so, 'tis always moisten'd by a continual Discharge of a thin, serous Humour, secreted by the Glands in this Part, unless obstructed by the too great Use of this dry Powder, or some other means of the same Nature.

Upon the same Account, and by the same Influence, we may daily observe great Snuff-takers, labouring under a Diminution or Loss of their Taste. For most of them spitting out the Snuff they take, it falls upon the Tongue, and other Parts, wherein the nervous *Papillæ*, design'd for the Reception of this Sensation are seated, and they by it, as in the former Case, are render'd more callous, or hard and contracted ; and, by consequence, made less capable to receive an Impression from the Particles of our Food.

But these now mentioned are but small and inconsiderable, in comparison of some others, with which I design to finish this Dissertation, and these

these are, a pale, fallow, and languid Complexion, a Loss of the Appetite, and Destruction of Digestion ; than which there are not any Consequences of the Abuse of Snuff more frequent. These are easily occasion'd by the constant Descent of some of the Snuff from the Nostrils, down the Gullet, into the Stomach ; where, by its caustic Sulphur, and sharp, volatile Salts, together with its dry, earthy Particles, it alters and destroys the Ferment of the Stomach, impairs the Tone of its Fibres, and raises uneasy Sensations, from whence a weak, sickly Habit, an unhealthy Complexion, Pains and Inflammations of the Throat, Pains and Heat in the Stomach, and such like perplexing Distempers derive their fatal Original. In order to confirm this, of many Instances that might be produc'd, I shall only mention Two or Three under this Head.

A young Lady, a mighty Admirer of Snuff, being a long Time afflicted with Pains in her Stomach, Loss of Appetite, and weak Digestion, by which she was reduc'd to a very low Condition, and had entirely lost her natural and agreeable Complexion, having made a Relation of her Case, and Application for Relief ; on Account of the Uneasiness, Pain, and other Disorders of her Stomach, a proper Vomit was judg'd necessary, and order'd accordingly. Upon the Operation of this, a considerable Quantity of Snuff was thrown up, which made a clear Discovery of the Cause of her continued Indisposition. After the Vomit such Medicines were prescrib'd and taken, as were proper to retrieve the due State of her Appetite and Digestion. By these, and the Abstinence from Snuff, she recovered her lost Health, and still continues in a good Habit of Body.

About

About the Beginning of *March* last pass'd, I was consulted about the Case of a young Gentlewoman, who too much enslav'd her self to the taking of Snuff, and was every now and then troubled with a violent Hiccough, which often weaken'd her to the last Degree, and, sometimes, occasion'd Apprehensions of her falling a Sacrifice to the Vehemence of it. After proper Precautions taken, a Vomit was prescrib'd, and she threw up such a Quantity of Snuff, as not only tinged the Water, but also remained in small Clots, at the Bottom of the Bason.

A Third, which is all I shall mention at present, after a long Indisposition of her Stomach, with Loss of Appetite, weak Digestion, and pale, wan Complexion, was at last seiz'd with an Inflammation of her Stomach, attended with a violent Pain in that Part, a Fever, and the other common Symptoms of that Disorder. All Methods that were us'd to relieve her in these deplorable Circumstances prov'd ineffectual, and she, within a few Days, found a Period of her miserable Life. She, upon the Desire of her Relations and Friends, being opened, Snuff, in several Clots, was found in her dry and inflam'd Stomach, to the Amazement and Grief of her unhappy Parents. During the whole Course of her Illness, till the Day before her Death, she indulged herself in the Use of it, and was such a Devotee to it, that an Ounce was only sufficient for a Day or Two at most.

By what has been propos'd upon this Head, it may easily appear in what Cases the Use of Snuff is hurtful and beneficial; and of what ill Consequences the Abuse of it may be. Besides the particular Circumstances already mention'd, I know not of any in which it may be allowable, except in the following,

1. In

1. In Order to make a new Acquaintance with the Beaux and Ladies, by giving, receiving, or asking for a Pinch. And upon this Occasion, the pretty, soft, and thoughtless Creatures, may take a favourable Opportunity to prattle the Praises of their different Kinds of Snuff and Snuff-boxes, and give Directions where to buy the best.

2. To break the Interval of Silence, or to amuse themselves when they are not furnish'd with proper Matter for Discourse.

3. And lastly, When they have a Design to shew their Diamond Rings, their handsome Hands, and well shap'd and snowy Arms. Yet in all these let such a due Regard for Health be had, that no more than Two Pinches be taken, during the Entertainment of the same Company.

From the whole it may be manifest, That Tobacco, when us'd as a Medicine, may be of some Service for several Disorders, but very prejudicial when taken in common. If what I have here advanc'd has such a Semblance of Reason, as to engage any Lady or Gentleman to forsake the abominable Custom of using this noisome Weed, I have obtain'd my wish'd for Ends, and will be pleas'd to think that by such Abstinence they prevent their becoming a Sacrifice to several very perplexing Disorders.

F I N I S.